

Cookbook of Activities for Driver Education

MT CURRICULUM GUIDE

M 17

Objective: Demonstrate how physical condition affects performance

INGREDIENTS

Office swivel chair

Three foam balls (tennis ball size)

Impairment goggles

Adapted from:
National Institute for Driver Behavior

INSTRUCTIONS

Stand about six feet away from the student. Explain that each ball represents a risk factor: a left curve in the road, the car going 15 mph over the speed limit, and a tired driver.

Throw one ball at a time in rapid succession. If the student catches all three, continue with the next phase of the demonstration. If not, continue throwing all three balls until the student is able to catch them.

Have the student put on the impairment goggles and repeat throwing the balls to the student.

Most likely only one, if any, of the balls will be caught. You can repeat the demonstration with other students.

Make the point that having alcohol in your system will prevent you from being able to focus effectively on dealing with many factors at the same time.

MT CURRICULUM GUIDE

M 17

Objective: Demonstrate how visual/motor/reaction time is affected by impairment

INGREDIENTS

- Impairment Goggles
- Calculator
- Paper with a maze drawn on it
- Pencil or pen
- Basketball
- Childhood games (Jacks, Hopscotch, rubber ball)

INSTRUCTIONS

Have students perform the activity twice: once without the impairment goggles, again with the goggles.

Activity One: Position student at one end of the classroom, instruct them to walk to a desk at the opposite side of the room.

Activity Two: Have student draw a line through a maze on a sheet of paper without going outside the boundary.

Activity Three: Have students do routine tasks such as turning on a light, writing on a white/chalk board, write their name and address.

Activity Four: Have students play a simple childhood game such as Jacks, Hopscotch, or catch.

Activity Five: Have student dribble a basketball across a room